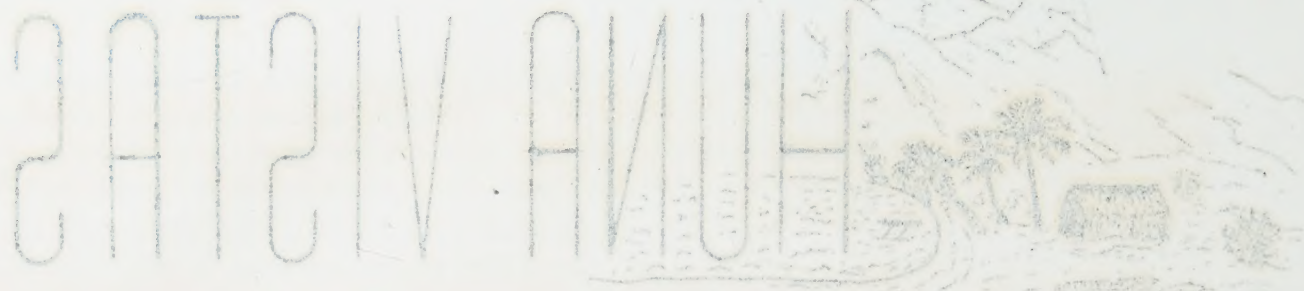


Medium of communication between the Huna Research Associates. Covering projects, news, reports and various related subjects. April, 1961. Issue No. 20. Page 1. Max Freedom Long, H.R.A., Editor. P.O. Box 875, Vista, Calif., U. S. A.

MUCH INTEREST HAS BEEN SHOWN in the report in the last H.V. on the former practice of the Hawaiians of breathing vital power into prayers, both before making them and in the period of meditation which followed the voicing of the prayer.

SIDE REACTIONS HAVE ALSO BEEN REPORTED. In one case, a gentleman who had been given the H.V. to read, (and who was familiar with the Huna lore from my books) was stimulated by the article to continue healing efforts in a certain case, and to write to me about his experience. He has been gifted with psychic ability from boyhood, when he began at an early age to hear a voice which told him often of things which were to happen. The predictions which he made came true so often that he frightened his young friends and was taken to be looked over by a doctor. After this he kept his predictions to himself, but still, as a grown man, married and with three daughters and one stepdaughter as well as a new son, the "voice" comes at times to tell of things about to happen. Before the birth of his son he was told that the child would be a boy, that he would be born before 5:30 in the morning and would weigh over nine pounds - all of which came about as predicted, the son being born at 5:26 A.M. and weighing 8 pounds and 6 ounces.

THE VERY EXCITING part of his experience is that, having read about the High Self of the kahunas, he came to the conclusion that the "voice" was that of his own Aumakua, not, as he had thought as a lad, that of God. If he is right in his conclusions, we must revise our idea that under the Huna system the High Selves were not given to speaking to the lower man by an inner voice, and in English or some language known to the man. Several of the HRAs have, in the past felt that they were in such "voice" contact with their Aumakua, and some have believed that the intelligent "something" working the pendulum through the low self was the High Self. The fly in the ointment has always been the fact that predictions made by these entities seldom came true. The Aumakuas were believed by the kahunas to be able to see into the future to a certain extent, so false prophesy could not be laid at their feet. In this case, the prophesies have been correct; and, as only the High Self is said by the kahunas to be able to see ahead and give the information to the lesser man, the chances seem to be all in favor of (1) The High Self actually speaking directly in a voice heard psychically, using English (not pictures) to let the individual know, probably through the low self, what was to come, or (2) that the voice was that of a highly advanced spirit who, in its turn had direct contact with a High Self who was the originator of the predictions. If we discount the spirit explanation, we must accept the direct contact answer to the problem. This is a



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thing we would all love to do. So many of us have felt cut off from our High Self Parental Spirit Father-Mother because contact can only be made by the low self - according to the reconstruction of Huna which we have made from the meager information we have to work with.

H.R.A. Eric Biddle, whose excellent articles have been appearing in the little English magazine, PENDULUM, has often taken issue with the current belief assigned to the kahunas, that contact with the High Self must be made by way of the low self, and that, if the low self is prevented from doing its part, the contact is "blocked". He has argued that a direct contact between the middle self and the High Self is to be accepted as a theory, or, failing that, the low and middle selves must be looked upon as a single "self", not as two spirits, after the Huna theory.

THE OBJECTION TO DIRECT CONTACT, from the point of view of Huna (as it has been tentatively reconstructed) is mainly based on the part of reconstructed Huna which describes the low self as the spirit which has control of the body, the basic or low mana, and of ALL MEMORY. To understand a single word, if spoken in the inner consciousness, the middle self would have to have the help of the low self and its memory of words and sounds and meanings. (Our very inability to recall the name of a person by an act of "will" argues that the low self is in charge of all memories - it, apparently, hunting up the memory of the needed name, and presenting it to the conscious mind self only after a delay.) There are many other objections, involving the belief in fixations, spirit influences, guilt complexes and so on - all tending to prevent the low self from making normal contact with the High Self. What is NOT so well reasoned out is the possibility that the powerful and wise High Self often makes contact of its own accord with the lower man, BUT, when it does, we still ask ourselves whether it uses the low self memories and mechanisms to get across to the middle self the intuitions or whatever is to be given - or to bring healing or even the direct voice.

IT MAY ALSO BE that we have our reconstructed version of Huna too set or fixed in a given pattern. Perhaps we should allow for CHANGES to fit the many different characteristics and talents of individuals. Where one person might never be able to hear the High Self speak as a voice or to see a vision in vivid pictures, another might easily do so. Or, there might be a difference between High Selves which could account for various ways of making contact with the lesser pair of selves. We know that miracles of healing and protection and guidance do happen, and we assign these to the High Selves (or to spirits who are helped by High Selves) knowing that there is often no evidence that mana has been drawn from any living source, and that a prayer may not have been uttered. If we believe in the superior wisdom and power of the Aumakua, as most of us do, we cannot reasonably deny it the ability to speak directly to the middle self and to make it understand what is said even if the associated low self is not doing its regular part.

WE MAY EVEN HAVE TO REVISE THE IDEA THAT THE High Self is only to be contacted by causing the low self to activate the aka cord and thus touch the Aumakua. If we could prove that we middle selves can make a direct contact with no low self help other than that given by helping us remember that there is a High Self, and, if we could, after making the direct contact, have something happen which would be real to us (perhaps outside of the evidence of the senses and of memory), then we might attack the question from a new angle. If we could, and if

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we did, the entire structure of Huna, as we have rebuilt it, would have to be taken down and reconstructed to fit the new evidence - not that this would be less than proper in a search such as ours in which truth is wanted, not baseless dogmas.

TO GET BACK TO THE REPORT OF THE GENTLEMAN on his experiences: He writes that the vital element of prediction still remains, and that he was told well ahead of time that Kennedy would be the next president. He goes on to tell how, last September, he noticed a new man named J who had come to work where he was already employed. At once his High Self told him that this man needed help, and instructed him to tell the stranger about "occult science". This he undertook to do, finding J receptive, but "much disillusioned about life". There was much improvement during a period of five months. The account continues, "About a month ago I was in a public library and I let my High Self guide me. It led me right to your book SECRET SCIENCE BEHIND MIRACLES. Your book clarified everything that I had been studying and wondering about." J also read the book, and together they obtained and read the following two books. "But J still seemed to be very unstable and unhappy even though he improved greatly. My conscious mind could not reason out what was wrong with him and he didn't know what was wrong either. Yesterday, just after noon I got a very strong telepathic message from his High Self by way of my High Self and low self. The communication lasted about an hour. The main thing it told me was that his low self did not want to cooperate with his middle self and High Self because it was far from being convinced of what the middle self had accepted. The low self had usually been able to have its own way by influencing his middle self through emotions. His low self was lazy and didn't want to put out the effort required. His low self had completely cut off his High Self from his middle self because it wanted to retain control. It had been trying to get him to move to another state to get away from my influence. It had even been trying to get him to leave his wife because it didn't want the responsibility of raising children which it feared they will have if they stay together. His High Self said that he would have to work very hard to bring his low self under control and to convince it that it should cooperate. When I told J these things he was surprised, but said that it must be true because it made so much sense. His High Self took mana from my low self because it was unable to get it from his low self. It was going to use it to help clear the path to his middle self. The two High Selves - his and mine - gave me back some of the higher mana loa and an abundance of love that brought tears to my eyes while I was in his presence. They said I had made a great sacrifice in giving the mana. Soon I began to have a very tired feeling and began breathing heavily. They said that they had taken mana from my low self, which already has much more than the average person, because it was willing to give it. My middle self was not aware of what had happened until after it had already happened. Not having built up a superabundant supply of mana beforehand, I was left in a partially depleted condition. I felt dizzy, cold, jittery, and very tired and empty for a short time. Break time ended and J and I had to get back to work. After he left I almost lost consciousness, so I laid my head on my desk and breathed very deeply for about five minutes, after which I felt better than I had ever felt in my life. It proved to me that the Huna teachings are true. The few minutes of unpleasantness that were experienced were more than balanced by the flood of love I felt from the High Selves. I guess it was what you would call a mystical experience. I never had felt anything so strong before in my life." (Unfortunately, the writer did not say what effect the action which he described has had on his friend. Perhaps he will report on that outcome a little later.)

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THANKS TO THE KINDNESS OF CHARLES W. KENN, of Honolulu, I was able to get the information that

"Mother Alice Kahokuoluna" mentioned in the last H.V. as quoted in a small book, "He Sent Leanness", by David Head, has been dead for a few years, as has her husband, Peter. Mr. Kenn called my attention to the mistake in spelling her last name. (It should be as given above, not as Kaholuoluna as mistakenly given in the book.) If possible, I will find out where her writings may be had. She may have given other important information which would help us in understanding the lore of the kahunas.

ANOTHER CORRECTION GIVEN BY Mr. Kenn concerns the translation given by "Craig" (whose reports on the Hawaiian healer have been given in recent H.V. issues) of the name of the Hawaiian healer Ka-hau-lani. As Craig seems NOT to know the Hawaiian language, his information concerning the meaning of the name must have come from someone else, perhaps the owner of the name. The meaning was given as "The Dew of (or from) Heaven". Mr. Kenn writes:

If it had to do with "dew", then it should be ke, not ka (for the article). Ke-hau is dew, Kahau is ice, or in Hawaiian, hibiscus. Lani does not mean HEAVEN in the ancient kahuna language, but the word was accepted by the missionaries to mean "heaven" - see Andrew's Dictionary on lani and his reference to Genesis where the word was used for "heaven". So many basic kahuna words have had their meanings changed in like manner..... LANI originally meant one of chiefly status, particularly of the senior family of chiefs. Thus, the word lani in a name means that the person hails originally from such a family. The Hawaiians had three so-called "heavens", lands to which they returned after death. One was for the commoners, one for the chiefly and one for the kahunas (highest priestly caste), the latter class lost its privileges to the chiefly caste when Wakea (an early chief) killed his elder brother Lihauula, i.e. Li-hau-ula, and superseded him but ruling through his elder brother's son. The alii (chiefs) always recognized the kahuna as the "elder" in social relations. The Polish anthropologist, Bronislaw Malinowski, referred to "Polynesian Primogeniture" of succession through the eldest sons of eldest sons down the line.....So, today's meaning of Lani (heaven) becomes far-fetched and meaningless. Thus, Pua-lani (a name for girls) has come to mean "Flower of Heaven", when in kahuna language, it would mean "the young of the nobility or alii. Pua means young in the kahuna language. Craig's healer, Ke-hau-lani should have his name spelled so that it would mean, "The life giving element in a chiefly clan.".....

ONE MORE EFFORT is being made to try to identify Craig's Healer, this time asking a former correspondent named George Robinson, living at Castro Valley, in California for information. He is by way of being a natural healer, and he does not agree with my Huna findings, as I recall his few letters of several years back. However, he is Hawaiian, and in the years between may have developed into a great healer, using, as Craig said, "thirteen helpers", whom we suppose in turn must be spirit helpers or guides working through the Healer. This, of course, would suggest that the spirits were those of Polynesian blood and perhaps kahunas. As the white people who moved into Polynesia were not greatly liked by the kahunas, it would seem natural that they would prefer to heal the Indians, perhaps refusing to have anything to do with people of other races. I'll report later on this clue.

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ONE MORE REPORT is being made to try to identify Craig's Mother. This time asking a former correspondent named George Robinson, living at Castle Valley, in California for information. He is by way of being a natural healer, and he does not agree with my Kahoohouma findings, as I recall his few letters of several years back. However, he is Hawaiian, and in the years between may have developed into a great healer, using, as Craig said, "hidden helpers", whom we suppose in turn must be spirit helpers or guides working through the healer. This, of course, would suggest that the spirits were those of Polynesian blood and perhaps Kahoohouma. As the white people who moved into Polynesia were not greatly liked by the Kahoohoumas, it would seem natural that they would prefer to heal the Kahoohoumas, perhaps Kahoohoumas to have anything to do with people of other races. (I report later on this clue.

INFORMATION PLEASE! While this has nothing to do with Huna (unless we ask how Huna could survive if a world cataclysm came), I am wondering if some of you HRAs might have information to share with me on the explanation of the several "Ice Ages" etc. In our tight little circle we find someone thinking about almost anything which invites investigation and speculation.

There is so little information concerning the several "Ice Ages" which are said to have struck the land masses, sometimes to the equator and moving in from the north or the south. Official "Science" contents itself with a recital of dates and places where the ice came and left its marks. The amateurs have proposed a few theories as to the causes. The known fact that the magnetic north pole is moving away from the geographic north pole, has been speculated upon and the "wobble of the pole" has been pointed out as something which may have, in past ages, caused the earth to change its tilt. Ice caps on the poles have been said to threaten to become too heavy and cause the "flip".

One of the most interesting explanations came from Ignatius Donnelly in his book, RAGNAROK, published in 1883. (His P.A. reading is such that it demands attention to his findings. He was clockwise and constructive and had a degree reading of 413, which is far higher than most.) His theory was that the earth had at various times been touched by a comet, which had struck with great force, brought much heat, and left the great "drift" deposits of its own substance mixed with the earth substances broken up and carried along. He wrote (Pg. 97), "It (a comet) came with terrific force. It smashed rocks; it tore them up; it rolled them over on one another; it drove its materials INTO the underlying rocks; 'it INDENTED IT INTO THEM,' says one authority...

"It was accompanied by inconceivable winds - the hurricanes and cyclones spoken of in many of the legends. Hence we find the loose material of the original surface gathered up and carried into the drift-material proper; hence the Drift is whirled about in the wildest confusion. Hence it fell on the earth like a great snow-storm driven by the wind. It drifted into all the hollows; it was not so thick on, or it was entirely absent from, the tops of the hills; it formed tails, precisely as snow does, on the leeward side of all obstructions....."

So far as I know, Donnelley's comet theory has never been given the slightest attention by men of Science, nor has his theory been disproved.

Now comes something new to me, renewing my curiosity greatly. In an article on pages 181-188, of THE READER'S DIGEST, for March, 1961, we are told by the author, Rutherford Platt, that the data gathered recently in various fields tends to prove the theory that the earth's land was once in a single large piece, but that convection currents in the fluid center of the earth have caused the breaking up of the large mass and the floating here and there of the several parts. A look at a globe map of the world will show how the pieces fit roughly together, although some have rotated clockwise. There are some surviving and some fossil remains of plant and animal life which call for more than a "bridge" between continents in the past. The topper, to me, is the fact that particles of iron oxide are found in rocks which have been molten and which have hardened, also in rocks made by the laying down of layers of sedimentary material. All of these iron particles have had their polar attraction cause them to point as does the needle of a compass to the magnetic North Pole. Samples of rocks from around the world have been examined and the direction indicated by the needle-like pointing of their iron particles have enabled scientists to determine their place on the earth's surface in relation to the then magnetic North Pole as they hardened from the molten state or as sedimentary rock. The conclusion was reached that either the magnetic pole had

sedimentary rock. The conclusion was reached that either the magnetic pole had to the then magnetic North Pole as they hardened from the molten state, or as have enabled scientists to determine their place on the earth's surface in relation to the magnetic North Pole. Samples of rocks from around the world have been examined and the direction indicated by the needle-like pointing of their iron particles had their polar attraction cause them to point as does the needle of a compass to laying down of layers of sedimentary material. All of these iron particles have rocks which have been molten and which have hardened, also in rocks made by the past. The topography, to me, is the fact that particles of iron oxide are found in plant and animal life which call for more than a "bridge" between continents in the have rotated clockwise. There are some surviving and some fossil remains of globe map of the world will show how the pieces fit roughly together, although some the large mass and the floating here and there of the several parts. A look at a convection currents in the fluid center of the earth have caused the breaking up of prove the theory that the earth's land was once in a single large piece, but that anchor, Rutherford Platt, that the data gathered recently in various fields tends to on pages 181-188, of THE READER'S DIGEST, for March, 1954, we are told by the Now comes something new to me; renewing my curiosity greatly. In an article attention by men of science, nor has his theory been disproved.

So far as I know, Donnelly's comet theory has never been given the slightest ly as snow does, on the forward side of all obstructions. . . . on, or it was entirely absent from the tops of the hills. It formed tails, precise- snow-storm driven by the wind. It drifted into all the hollows; it was not so thick whirled about in the wildest confusion. Hence it fell on the earth like a great surface gathered up and carried into the drift-material proper; hence the drift is spoken of in many of the legends. Hence we find the loose material of the original "It was accompanied by inconceivable winds - the hurricanes and cyclones INTO THEM," says one authority. . . .

on one another; it drove its materials INTO the underlying rocks; it INDENTED IT came with terrific force. It smashed rocks; it tore them up; it rolled them over earth substances broken up and carried along. He wrote (Pg. 274, "It (a comet) much heat, and left the great "drift" deposits of its own substance mixed with the various times been touched by a comet, which had struck with great force, brought ing of 413, which is far higher than most.) His theory was that the earth had at tion to his findings. He was clockwise and constructive and had a degree read- book, RAGNAROK, published in 1883. (His P. A. Verding is such that it demands at- One of the most interesting explanations came from Ignatius Donnelly in his become too heavy and cause the "tilt".

the earth to change its tilt. Ice caps on the poles have been said to threaten to the pole" has been pointed out as something which may have, in past ages, caused away from the geographic north pole, has been speculated upon and the "wobble of theories as to the causes. The known fact that the magnetic north pole is moving places where the ice came and left its marks. The amateurs have proposed a law to have struck the land masses, sometimes to the equator and moving in from the north or the south. Official "Science" contests itself with a record of dates and There is so little information concerning the several "Ice Ages" which are said thinking about almost anything which invites investigation and speculation.

explanation of the several "Ice Ages" etc. In our little circle we find someone wondering if some of you HRAs might have information to share with me on this. Humans could survive if a world cataclysm came, I am

INFORMATION PLEASE! While this has nothing to do with HRAs (unless we ask how

moved in a quite impossible manner, or that the continental masses had floated in a not-quite-so-impossible way. The rock measurements in South Africa, for instance, indicate that this continent, some 300 million years ago, was floating over the South Pole. The earth seems to be so fixed in keeping its tilt as it spins, that the drifting land masses appear more acceptable, when formulating theories.

India appears to have broken off and floated south below the equator and then back north, striking the Asian mainland and, some think, causing the Himalaya Mountains to be pushed up. Radioactive materials in the core of the earth are supposed to cause the heat which in turn causes the convection currents. It is all most fascinating. Geologists can give the approximate age of various types of rocks, and as a captain takes his bearings at sea, the bearings for a given age are taken from the iron particles in the rocks. North America is said to be drifting to the west at present, at the rate of three inches a year.


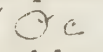
HAVE YOU ANY INFORMATION to pass on to me? Please. (I know Barker's theory, and do not think much of it, by the way - ice cap weight and polar flip.)

COMFREY PLANTS have recently been advocated by natural foods health magazines, but it has been very difficult to get a start of such plants for one's garden. While this is another topic rather far from the field of Huna, we all try to keep well, and many HRAs are dedicated "food faddists", while most of us wish we could buy canned and preserved foods which have not been made up with questionable preservatives and coloring or flavoring chemicals. Food grown without chemical fertilizers are much in demand, as are those which have not been treated with poisonous sprays. Comfrey, as I understand it, is a bushy plant whose leaves contain many natural chemicals and minerals which are good for one. The green leaves are picked and eaten. It has been known and used for many years in parts of Europe, and is credited with being a curing aid in many illnesses.

HRA Fred I. Hamman, 648 D. Street, Davis, Calif., writes that after much experimenting he has found a good way to propagate the comfrey plant, and will be able to fill a few orders after the first of April. The price is \$5 for five plants, five being about right to supply one with leaves and juice made from same. They will be mailed, postpaid, in U.S.A. to those who order now. (I am saving a spot in my garden for some plants.)

REPORTS ON THE USE OF THE HUDSON METHOD continue to come in, and all are, for the most part, reports of success. Nothing spectacular as yet, but averaging good enough to merit the method's continuing use. From New Zealand HRA G.P. makes a good suggestion from his experience. He writes, "I am much in favor of writing down what is required (by way of suggestion to be delivered by the low self), rather than thinking it or saying it, but I am sure results are obtainable anyway." I would like to have some of you try the writing down way of ordering the things to be suggested and let me know whether you get better results. I imagine that just to write down the instructions as you would give them mentally or vocally, will help to make the ideas clearer and perhaps carry additional authority. The low self is always much impressed by material things, and these offer the value of the "physical stimulus" which I have often mentioned in my discussions of kahuna practices. Such material helps have been used to advantage in rituals down the centuries. The water and ki (or ti) leaves used in ceremonially "washing away sins and illness" by the kahunas of old, stand out as an example of the method in all its values. Baptism for the remission of sins came to Christianity from Huna in all probability.

ABOUT PSYCHOMETRIC ANALYSIS READINGS: One HRA writes, "In this country we must have plenty of girls and women anxious to make some money at home. A training school to teach P.A. reading, with preliminary tests for ability, and a good promoter to go after paying work (for graduates) might bring results." One HRA has responded to my invitation to check ability with me and may be ready after a bit to take on customer orders for readings. The thing that takes time in the readings is to tell what a reading means after it is made. If the customer has my book, P.A., and will go into it to work out the meaning of the symbols of his or her reading, the reader would use perhaps a half hour in reading the letter from the customer, making the reading, and sending it back by letter. If \$2 were charged, that would be at the rate per hour paid a good plasterer. If \$10 were charged, that would be about what a doctor charges. The charge that has been made by the Brunlers and others has been \$25, and for this amount the meaning of the reading is told verbally at the time of the reading. (Readings were not made from signatures or photographs, only with the tip of the thumb held on the slide of the Brunler-Bovis Biometer. Our system is much simpler and works well from inked signatures and from pictures.) A short mimeographed explanation of the meanings of various P.A. readings could be made up, and a mimeographed form filled in with the data and meanings. \$25 is not too much to charge as only a few readers can be certified as fully competent out of many who make just fair readings, often at a disadvantage because there are not several associates to check results with on each reading. However, most people either cannot afford \$25 for a reading, or would not pay out that much for one. Perhaps a \$5 charge with a written report of meanings or the use of the P.A. book or some mimeographed sheets might be the best combination. In any case, the reader should always stress the fact that readings made by any psychometric process cannot be guaranteed to be correct. They must be offered as the best that can be made by the reader in question. It will as a matter of course be well to avoid making readings except for members of the customer's own family. If a reading is made of someone who turns out to be counterclockwise and generally bad, that person might take the reader into court and challenge him to explain to the judge the difference between making a libellous statement and reporting a P.A. reading. As the judge would never have heard of the latter, and as psychometry is not recognized by the "Law", one could get into trouble. The best way would be to have one member of each family able to make a good reading. As a safeguard, a reader might ask for the written permission of the owner of the signature or picture to make the reading and report the results to some specified person or persons. It is to be supposed that a person prominent in public life or in articles in the Press might be read and the results reported just as one may give one's opinion of such an individual. But the reading must be an opinion, not a statement that the facts reported are "Out of the horse's mouth" and therefore are correct. Let's be careful and circumspect.

FOR YOU WHO WISH TO CHECK YOUR READING ABILITY against mine, here are two men in the public eye. My readings are made from pictures on page 31 of LIFE magazine for March 10, 1961. I selected these two famous fighters out of curiosity to see what makes one tick. For Floyd Patterson I get:  and 312 degrees. His will pattern shows the most determination in its perfect 12 o'clock swing, full length. His is a fine power to concentrate, and a fine determination. For Ingemar Johansson I get:  and 323 degrees. His will pattern shows a shorter swing at 12 o'clock and less determination. He is smarter by a few degrees. Both men are smarter than average and have unusual will power.

BOOK REVIEWS

"PSYCHO-CYBERNETICS" by Maxwell Maltz, M.D. 256 large pages. Price \$4.95.

Publisher: Prentice Hall. Each year this publisher seems to disown the last "book to end all books" and present a new one which in its turn is a "last word". This time we have left "The Power of Positive Thinking" and others which followed on its heels to find the "Open Sesame" offered by a plastic surgeon.

As in L. Ron Hubbard's books, the reader is asked to replace the concept of the low self with one of a calculating machine which cannot go wrong if the correct data are fed into it by the middle self as the operator. Instead of the standard idea of the complex and fixation, the author tries to reach down to the witless reader and explain in terms that he might understand, that he suffers from being hypnotized, either by himself or his fellows or his surroundings. Nothing is said of the recognized fact that hypnotic suggestion wears out as the mana charge in the thought-forms wears out, and must be renewed about every 10 days.

On the whole, the author makes a fine collection of quotations to bolster up his simple statements and give an air of authority to his equally simple instructions aimed at telling one how to think about oneself, one's fellows and one's conditions. Years ago New Thought issued the dictum, "Think right and you will be right". The instructions are all very good in their way, but the trouble, as I see it, with books of this yearly blossoming is that those who might possibly benefit from reading the book and putting its preachments to practice will neither read it nor DO ANYTHING AT ALL. The ones who would DO something don't need to read it, they have already pulled themselves up "by the boot straps" and given themselves what "pep talks" they should have. One can read, "Suggestion explains nothing". Or, "An emotional face lift makes you look and feel younger." Or, "How to play back your own built-in success patterns."I feel that it would be an excellent thing for all of the new machines which can think to read the book..... but not to record the data as something to use to get correct answers in solving problems in the field of Psychology, especially Abnormal Psychology where fixations have people down.

SELF-REALIZATION AND PSYCHOLOGICAL DISTURBANCES, a booklet by Roberto Assagioli, M. D.,

is released to members of the "Psychosynthesis Research Foundation" group, the address being, "Valmy", P.O. Box 3895, Greenville, Delaware. Unlike the book just reviewed, this one is certainly NOT for those who cannot grasp even a simple abstraction. It is a dignified and scholarly effort by a thoughtful man to feel his way around amongst the "vast, vague intimations" which surround the High Self for those who do not know it through the lore of the kahunas. Let me quote a passage:

"First of all, it is well to have a clear idea of what self-realization is.

The term has been used to indicate two kinds of growth in awareness, of expansion of consciousness, which, although more or less related, are different in their nature and have quite different manifestations. The meaning most frequently given to self-realization is that of psychological growth and maturation, of the awakening and manifestation of latent potentialities of the human being—for instance, ethical, esthetic and religious experiences and activities. These correspond to the characteristics Maslow (1959) ascribes to self-actualization, and it would perhaps be well to use this term in order to distinguish it from the second kind of self-realization. This IS THE REALIZATION OF THE SELF, the experience and awareness of the synthesizing spiritual Center. It is not the realization of the personal conscious self or 'I', which should be considered merely as the reflection of the spiritual Self, its projection, in the

field of the personality.

"Self-actualization may be achieved at different levels and does not necessarily include what may be called the spiritual level. On the other hand, an individual may have genuine spiritual experiences without being at all integrated, i. e., without having developed a well-organized, harmonious personality. This has been clearly shown by Jung (1956), who calls our attention to the fact that the developing of the personality is not an absolute prerogative of the man of genius, and that he may have genius without either having personality or being a personality....."

It is interesting to note that on all sides books and articles are appearing in which the search for the High Self is being rather blindly pressed. Jung may be said to have started the procession in "scientific" circles, but remains more or less of an obstacle to those who follow after. Much confusion is caused by the fact that new names are constantly being coined in an effort to describe the "selves" and their qualities.....with no one knowing just what is being named.

THE IDEA OF PLANNING has brought a little more response of late in the matter of improving social and economic conditions. However, there is a general tendency to call attention to some small abuses rather than to do what I have in mind - plan clear across the board and start with the broad basic items upon which present systems depend. For instance, I see no hope of correcting the abuse of money, credit and inflationary influences unless we first survey and correct the entire structure surrounding the need for a medium of exchange and a source of credit. Will you HRAs who know so much more than I do of the materials of this tangled and churning field raise your sights to their full extent before you begin to fire. The only thing I can think of that is certain is that we CANNOT TURN BACK THE CLOCK. We have to go forward, whether we go boom or go bust.

PLANNING FOR THE OUTLINE OF A POSSIBLE WORLD RELIGION is something else again. It should begin with the sights raised as far as possible as we survey human needs in the matter of a religion and weigh the values of religions of the past. We can measure everything in terms of Huna for the present (having nothing better to use), and begin moving from broadest generalities to the details in due time. For the first time in history we will be measuring the religious elements in terms of the intelligence levels found in all walks of life. (This applies strongly here, and not so much in the planning for economic and governmental improvements.)

THE CASTE SYSTEM found in all societies to some extent, and developed to the fullest in India, has the same defect as the system in which social position depends on being born into a certain class or level. So many of low intelligence or bad character were, in past times, born into supposedly superior circles, that the whole system fell into disgrace. If we elect to reestablish caste levels in any future system of economic-social living, it will be imperative that provisions be made to use a perfected P.A. reading and to place individuals in levels to fit their intelligence and goodness or badness, sanity or obsession, etc. No longer will the mad prince be allowed to take the throne simply because he is the son of a king. Nor will the man talented as a politician or the man inheriting great wealth be allowed to "stand on his inalienable rights" and wreck the works. We are pioneers in this corner of the field, thanks to Dr. Oscar Brunler, and have responsibilities.

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CONSTRUCTING A WORLD

RELIGION

- I -

PRELIMINARY REMARKS: We, as HRAs will, if enough of us take a hand, be doing something of lasting importance if we can assemble and put together, tentatively, the elements needed to give us a WORLD RELIGION. There will be two benefits at least. The first would be to order the muddle of conflicting world religions existing today, and the second would be to order the ideas we, as individuals, have about our own favored religion as well as about the beliefs of others. Most of us have been too busy to make for ourselves a study of the several great religions, to say nothing of the modern ones based on the supposed revelation given by a superior entity, usually a spirit, to a mediumistic or visionary living person. (Oahspe and THE BOOK OF MORMAN are examples.)

Most of us have never found a proper text book on religions, and, as the subject has not been included in the curriculum of public schools, we usually have no definite idea as to the merits of the concept of Amitabha in Buddhism, or of Bodhisattvas or even beloved Kwan-Yin. Almost none of us can quote a passage from the Koran, and while we might have some information concerning the Taoism of China, we would look blank when asked how the Jews observe Hanukkah, their Festival of Lights..... Not that these things make any particular difference to us except that we must not fail to gather such ideas from all sides, examine them and place them in some part of the World Religion which we are constructing, or put them aside as of little value away from the circles in which they were evolved.

A proper and inclusive text book for such a purpose as ours, would fill a good dozen feet of library shelf. If we were to include only the important written discussions of the religious scriptures themselves, we would have the library filled to bursting. Fortunately, the great mass of literature is speculative in its nature. The practical aspects of living according to the teachings of religions can be covered in small space. For example, we speculate on what God may or may not like to have us do, and we fill books and books. We ask what we should do to make our lives and the lives of others better, and everything boils down to the Golden Rule more or less. BRAHMANISM: This is the sum of duty: Do naught unto others which would cause pain (Huna uses the word "hurt") if done to you. BUDDHISM: Hurt not others in ways that you yourself would find hurtful. CONFUCIANISM: Is there one maxim which ought to be acted upon throughout one's whole life? Surely that is the maxim of loving kindness: Do not unto others what you would not have them do unto you. TAOISM: Regard your neighbor's gain as your own gain, and your neighbor's loss as your own loss. JUDAISM: What is hateful to you, do not to your fellow man. That is the entire law; all the rest is commentary. CHRISTIANITY: All the things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. ISLAM: No one of you is a believer until he desires for his brother that which he desires for himself.

From the practical angle we may say that when stripped of dogmas born of speculation, pure invention and revelation, SALVATION, as something missing by man at birth, may be obtained by following the rule: "DO NO HURT TO OTHERS, BUT HELP WHEN POSSIBLE." All such things as baptism, confession of sin, repentance, and joining a church.....belong to the dogmatic, and because of this, the salvation dogmatized by one religion is rejected by all the others.

(AS AN HRA, have you anything to suggest at this point?)

M.F.L.

CONSTRUCTING A WORLD

RELIGION

- 1 -

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